

**NOTIFICATION PURSUANT TO**  
**SECTION 6 OF DSHEA**

9/10/99

In compliance with Section 6 of the Dietary Supplement Health Education Act (DSHEA) and Rule 21 C.F.R. 101.93, this Notification is filed on behalf of the following manufacturer of **Metaform® Creatine 9500 EX, Product #52487** bearing the statements set out below:

**Weider Nutrition International., Inc.**  
**2002 South 5070 West**  
**Salt Lake City, Utah 84104**

The text of each structure function claim for **Thiamin, Riboflavin, Vitamin B6, Pantothenic Acid, Magnesium, Creatine Monohydrate, L-Glutamine, Taurine, Beta-Alanine & Yeast RNA** is as follows:

**(Statement 1)**

**WHO**

- Strength and Power Athletes
- Athletes who have peaked on regular creatine supplements
- Athletes who want a convenient scientifically based formula

**(Statement 2)**

**WHY**

- Scientific studies show supplementation with creatine may increase strength
- Glutamine is known to support protein synthesis, muscle cell hydration and immune function while limiting muscle catabolism and sparing glycogen
- Support adaptation to exercise induced increases in lactic acid
- Decreased muscle catabolism

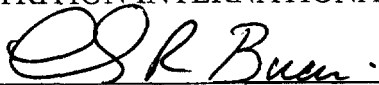
**(Statement 3)**

Metadrene: Multi-Stage Herbal Energy System  
Metacuts: Thermogenic & Energy Formula  
Pure Glutamine 300g: Triple Transport Exercise Recovery Drink  
Hyperdrive 360: Triple Transport Exercise Recovery Drink  
Pure Creatine 400: Performance Enhancer for Strength & Power Athletes  
Cellvol ATS: 4<sup>th</sup> Generation Hyper-Glycemic Muscle cell Volumizer  
HEAT: Thermogenic and Energy Supplement  
Diet Stack: Triple Acting Weight Management System

I, Luke R. Bucci, Ph.D., CCN, CNS, Vice President of Research at Weider Nutrition International, Inc. am authorized to certify this Notification of behalf of the Company. I certify that the information presented and contained in this Notification is complete and accurate and that the Office of Regulatory Affairs at Weider Nutrition International, Inc. has substantiation that each statement is truthful and not misleading.

DATED this 31<sup>st</sup> day of August, 1999.

WEIDER NUTRITION INTERNATIONAL, INC.

BY:   
DR. LUKE R. BUCCI  
Vice President of Research